

QP

OCTOBER 2021
VOL. 1

FASHION AND LIFESTYLE MAGAZINE

DR. TANIA MEDINA

BY KAROLINE BECKER





Bella Regina

LUXURY JEWELRY

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MODEL: KYRA TRANSTRUM @kyratranstum
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LETTER FROM THE EDITOR

Hi there,

Welcome to our October issue (Vol.1) with plastic surgeon DR. TANIA MEDINA on the cover. We had the opportunity to chat with her about how can we feel better about ourselves and elevate our self-esteem with or without surgery and how important it is to ask for advice and identify the reasons behind this decision.

This issue comes packed with fashion editorials as well as an interview with the social media sensation, the beautiful LEXI GRISWOLD.

As always, I would like to express my eternal gratitude to all these artistic and creative minds who continue to infuse their energy into this magazine, with hard work and professionalism coming as an immense bonus.

We firmly believe in the need of crediting all these amazing persons, who have taken their time and energy from the wide array of things they could be doing, let's say, on a Sunday morning. But they still manage to come to set with a huge smile on their faces, excited about the outcome of those hours invested. Therefore, with this in mind, let's please not forget to credit each and single one involved in a project, being as easy as tagging or/and mentioning.

JOSE-MARIA JIMENEZ
Editor-in-Chief
QPmag

COVER



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Accessories **SWAROVSKI & CARTIER**

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LOVE IS BLUE

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Left: Bodysuit **AGENT PROVOCATEUR**
Right: Swimwear **EZILI SWIM**

Left:
Bodysuit **PINKO**
Shoes **BILLINI**

Right:
Bodysuit **LA PERLA**
Pumps **STUART WEITZMAN**



Bodysuit **PINKO**
Shoes **BILLINI**







Top & Skirt **NATALIA FEDNER**
Earrings **MISHAHARA**



Top **AGENT PROVOCATEUR**
Tights **VINTAGE**



Body suit
AGENT PROVOCATEUR
Heels **EGO**





Top & Skirt
RIGASH



Coat **ANDREEVA**
Skirt **REDREW**
Heels **EGO**





APHRODITE'S HAVEN

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COVER

DR. TANIA MEDINA

GLOW UP FROM THE INSIDE OUT

Interview by ELISABETH HOWER @elisabethhower

Dr. Tania Medina is a world-renowned plastic surgeon based in the Dominican Republic, though at least half of her client base is from the U.S. She's famous for her Brazilian Butt Lifts (check out her IG accounts for the evidence!), but the doc is just as proud, if not more so, of her outlook: The only path to true happiness is through self-love and acceptance. That's right. Even a plastic surgeon knows that real happiness is an inside job. Yes, she's here to support those "outside" tweaks, too, just so long as we're clear it's not the answer to all our problems. Here, we spoke about overcoming self-sabotage, understanding how to harmonize our inner and outer bodies, and honing in on what makes us feel truly whole.

PHOTOGRAPHER: KAROLINE BECKER @karoline_becker
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STYLIST'S ASSISTANT: ASHLEY FELIZ @ashley_yujeilyn
HAIR & MAKEUP: AVIS VASQUEZ @avisvasquezmakeup
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Look
JOEL REYES
Accessories
SWAROVSKI & CARTIER



Look
JOEL REYES
Accessories
SWAROVSKI & CARTIER



You've long been a strong advocate for self-love. What does that mean to you? Is it the same as self-acceptance in your mind?

Totally. Self-love and acceptance go hand in hand. Self-love is the acceptance, respect, perceptions, value, positive thoughts, and considerations that we have towards ourselves and that can be appreciated by those around us. When a person recognizes appropriate love, it is because a balance has been reached between mood and our self-esteem. This balance is projected abroad as a feeling of well-being that is expressed in various ways and is enjoyed.

Happiness is the main goal of self-love, being happy to accept ourselves as we are without letting external people and outside our family and circle of loved ones intervene.

What's your earliest memory, either from your own life or witnessed, of self-acceptance? Self-sabotage? Did this initiate your own journey of self-love?

I was a shy and introverted teenager. I was ashamed to speak in public and express my emotions... I would not have dared to do what I am doing now, for anything in the world!

I was a young woman full of prejudices and complexes. I dressed like a boy, with wide pants and t-shirts, tennis shoes, I was ashamed of things as normal as taking a photo or going to the beach. Do you know why? ... Because, as it now happens to the vast majority of my patients, I was not comfortable with my body, which caused my inner world to not harmonize with the outside and therefore, I did not want to be part of my own environment. What I disliked the most about my body, and I tell you with all sincerity, were my breasts ... I speak about it in my first book, the one that I am writing at the moment and that will soon see the light of day. With the book, I have decided to give my testimony of what I lived in my adolescence, of how I overcame that moment and—most importantly—of everything I do today so that the

patients who come to me, who experience the same limitations as I suffered, overcome them and can take—as I did—the path of entrepreneurship and personal fulfillment.

Finally... after years begging my mother, at the age of 18, I managed to make the much-desired implants come true, and I confess that from that moment my life took a radical change. That surgery allowed me to make peace with myself, to say goodbye to fear and all complexes, making me a more determined, confident Tania and, above all, with a great sense of self-love.

When I first saw myself in front of the mirror, the happiness and inner peace that I felt was so great that, as a form of gratitude to God and the universe, I

decided to do everything possible so that others would also enjoy this feeling, so stimulating and empowering that I felt, I decided to become a plastic surgeon. The implant really fulfilled its objective, as my claim to exalt physical beauty responded to a requirement of my soul and my mind. I was persuaded that the beautification of my external figure, according to my point of view, would also give beauty to my inner world, so that my being would expand. I was not wrong!

Are there days where you still struggle with it? What do you tell yourself on those days? What gives you confidence?

Yes, of course, it is something that we must always feel because moods can change. Doing exercises in front of the mirror makes me feel very self-confident.

These exercises are powerful because the mirror reflects the feelings you have about yourself. It lets you know immediately where you are resisting and where you are open and fluid. It clearly shows you what thoughts you will need to change if you want to have a happy and fulfilling life. As you develop the habit of working with the mirror, you will become much more aware of the words you say and the things you do. You will learn to take care of yourself on a deeper level than before.

**“Happiness
is the main
goal of
self-love,
being happy
to accept
ourselves
as we are.”**

Dress
JOEL REYES
Accessories
SWAROVSKI & CARTIER





What's your earliest memory of helping another woman reach self-acceptance/self-love?

One of my patients came to my consult with her husband to do a breast augmentation, because her partner wanted it that way. We had a long conversation where I explained to them the importance of having this surgery done for you as the most important thing. It turns out that in the end, the patient continued with the idea of breast surgery to please her husband. Months later her husband left her and they divorced and my patient was not comfortable with her appearance because it wasn't something she ever wanted. We must always do what makes ourselves happy and stop living to satisfy others.

Why plastic surgery? What made you first interested in it?

I can tell you that this love was born as a result of my story and how I felt at 18 years old about my physical appearance. Along the way, I began to understand the importance of integral beauty and it was where I fell even more in love with being a plastic surgeon, because not only could I help my patients with their appearance, but also to love themselves, find themselves, and above all to be accepted.

I feel especially happy and fulfilled with my profession and as an entrepreneur because I live convinced that when I transform a body, I also help heal a soul. I can assure you that to my satisfaction, most of the patients who come to me, seek more than a physical change, but also a spiritual and mental interest, which inspires

me, because they come looking for something that they do not find in others who develop the same work.

I've heard you say that everyone that comes to you for a surgical procedure must go through a psychological evaluation. Why is that important? How long is the psychological part of the process in your offices?

Self-love and acceptance are essential before undergoing plastic surgery, because a patient who does not accept themselves or love themselves as they are, won't be changed by plastic surgery because, in the end, they will continue looking at defects in themselves.

There is also the dysmorphic syndrome. When you have body dysmorphic disorder, you focus intensely on your appearance and body image, repeatedly checking the mirror, never feeling satisfied with what you see.

It is important that every patient undergoing plastic surgery is aware of why and for whom this procedure is being performed.

This work of the mental health team is before, during, and after the procedure, as much as the patient needs it.

Have you ever refused to do surgery on someone because they weren't psychologically ready?

Yes, of course, it has happened. At the moment the patients do not understand that they are not aware of the wonderful gift that has been given to them—but then they appreciate it.

“Self-love and acceptance are essential before undergoing plastic surgery, because a patient who does not accept themselves or love themselves as they are, won't be changed by plastic surgery.”

Look
JOEL REYES
Accessories
SWAROVSKI & CARTIER



Look
JOEL REYES
Accessories
SWAROVSKI & CARTIER



What's the first piece of advice you would give someone considering plastic surgery?

To be always sure of the change they want to make in their physical appearance and that when choosing a surgeon they make sure that they are an active member of the plastic surgery society of their country. It is important that the patient feels identified with your work and more importantly, in total trust with the doctor.

You've said before that you tell patients they won't look like JLo, they'll look like the best version of yourself. How often do women come to you with unrealistic expectations of plastic surgery (either the physical results or the emotional ones)? Do you think social media is to blame for that?

Every day. Those are the looks that patients bring to the consultations. Yes, of course. Social media has greatly influenced this desire of women to want results like said public figures.

Do you think anyone is "too young" to get plastic surgery? I watched a documentary about teenagers

getting plastic surgery to look like their FaceTuned/filtered/Snapchatted avatars. What are your thoughts on it? What are the pros, if any, someone could get from such a process, and what are the negative consequences?

I understand that the patient has to have both physical and mental maturity, that is why I do not agree to operate on patients under 18 years of age, unless it is a breast reduction surgery, that patients suffer from back pain. Patients must have a degree of maturity to face these changes in plastic surgery.

We have to ensure the reasons why adolescents decide to perform these plastic surgeries, if it is to look like a public figure or if it is to please a family member or friend.

What are some other trends you see happening in the plastic surgery world? Does it make you excited? Nervous? Both?

I feel very happy to be one of the surgeons who promote integral beauty, to love yourself on the outside as well as you can love yourself on the inside.

“We have to ensure the reasons why adolescents decide to perform these plastic surgeries, if it is to look like a public figure or if it is to please a family member or friend.”

Look
JOEL REYES
Accessories
SWAROVSKI & CARTIER



Look
JOEL REYES
Accessories
SWAROVSKI & CARTIER







FEELS LIKE AUTUMN

PHOTOGRAPHER: BROUJ @broujphotography

MODEL: JOANNA PRUS @joannaprus_

WARDROBE STYLIST: ANNA RUIZ @annaruiz.mia

STYLIST REPRESENTED BY AGENCY GERARD

STYLIST'S ASSISTANT: SANDRA BRUNO @sandrabrunooo

MAKEUP ARTIST: NATASHA KATRINA @makeupbynkc

PHOTO ASSISTANTS: ALONZO SANTIAGO @as_photog

& SCOTT KENNELLY @bigprintphotos

RETOUCHER: ARGIRIS MAIPAS @argirismaipas

Dress **CULT GAIA**
Cardigan and Boots **BRUNELLO CUCINELLI**
Socks **MIU MIU**





Blazer **RALPH LAUREN**
Sweater **AMBUSH**
Pants **MAX MARA**
Belt **VINTAGE**








Turtleneck **RALPH LAUREN**
Suit **THE ROW**
Scarf **BURBERRY**





A fashion photograph of a woman with long, wavy brown hair, looking over her shoulder towards the camera. She is wearing a white turtleneck sweater, a white blazer, and white trousers. A Burberry scarf with a black, white, and red check pattern is draped around her neck and over her shoulders. She is standing in front of a large, weathered wooden wheel, possibly a ship's wheel, which is the background. The lighting is bright and natural, suggesting an outdoor setting.

Turtleneck **RALPH LAUREN**
Suit **THE ROW**
Scarf **BURBERRY**





ROZ

PHOTOGRAPHER: LORENZO MARTIN @xlorenzom
MODEL: ROZ @model_roz
MAKEUP ARTIST: MILA KWAN @makeupmilakwan
HAIR STYLIST: ALEX THAO @alexthaohair









INTERVIEW

LEXI GRISWOLD

THE QUEEN OF DIGITAL CONTENT

Interview by SHANNON TIERNEY @shannon.tierney

PHOTOGRAPHER: AREZOO JALALI @arezoojalali_photography

MODEL: LEXI GRISWOLD @lexigriswold

WARDROBE STYLIST: CHRISTINA CORSO @christina_corso

MAKEUP ARTIST: SHENY @shenymakeup

HAIR STYLIST: RIRI ROYA @riri_roya

Bodysuit **VICTORIA'S SECRET**
Boots **STEVE MADDEN**



Bodysuit **VICTORIA'S SECRET**
Boots **STEVE MADDEN**



You are an incredible content creator, with large followings on almost every platform you touch. When did you decide to start YouTube? What set's your content aside from others?

I started YouTube about two years ago! I think my content is different than others by how personal I am with showing my life.

What's your favorite type of content to make for YouTube?

I love to make vlogs! I find them so much fun!

What's been your favorite part about living in California?

I love the weather! And it's a lot of fun to always meet new people!

What are some of the negative sides of being an influencer that you think isn't talked about enough?

I haven't personally experienced many negatives because I have always made it my goal to look at the positives in everything I do. I can see how the influencer world can be negative for some as there is a lot of criticism that can often be shared and hurtful to creators. But, I strongly believe in only sharing and taking part in what I love, and if some don't agree, that is on them, but for me, creating content and being able to share it is truly my happy place.

How do you think fitness has impacted your overall lifestyle?

Fitness has made me feel better in many ways! It makes me feel healthy, and it also gives me confidence in my body!

We also heard you partake in a vegan lifestyle. When did you decide to make this choice, and why do you feel it was such an important one to make for yourself? Can you share some of your favorite snacks or meals?

I became vegan a year ago! I had learned about so many health reasons to go vegan. I also discovered all the amazing vegan food there is and that I wouldn't be missing out on any of my favorite foods, such as pasta's, ice cream, impossible burgers. Another reason I am vegan is because of how they treat the animals. I have seen some pretty horrific videos.

We hear you are a self-proclaimed "sneakerhead." What got you into sneakers, and what are your favorite pairs?

Yes, my dad is a sneakerhead, so just growing up with him, I learned a lot about shoes! My favorite shoes are the Jordan 4's.

Where do you get most of your fashion inspiration from?

The Kardashians! I grew up watching their show with my Mom and always liked their fashion style.

How do you stay motivated to keep making content?

I honestly love making content! I also get inspired by other people's content, and that helps motivate me to keep going! But I do have a passion for modeling/content creating.

What do you do to prepare for the day of a photoshoot?

I honestly love making content! I also get inspired by other people's content, and that helps motivate me to keep going! But I do have a passion for modeling/content creating.

What's your favorite social platform to post on, and why?

I honestly love making content! I also get inspired by other people's content, and that helps motivate me to keep going! But I do have a passion for modeling/content creating.

What career plans do you have for the rest of 2021?

My goal is to officially get signed to a modeling agency and to keep growing in my modeling career.

**“creating
content and
being able to
share it is
truly my
happy place.”**





Bodysuit **VICTORIA'S SECRET**
Boots **STEVE MADDEN**

Dress **NATORI**
Earrings & **OTHER STORIES**
Belt **EXPRESS**





Top **VICTORIA'S SECRET**
Tights **NATORI**
Earrings & **OTHER STORIES**

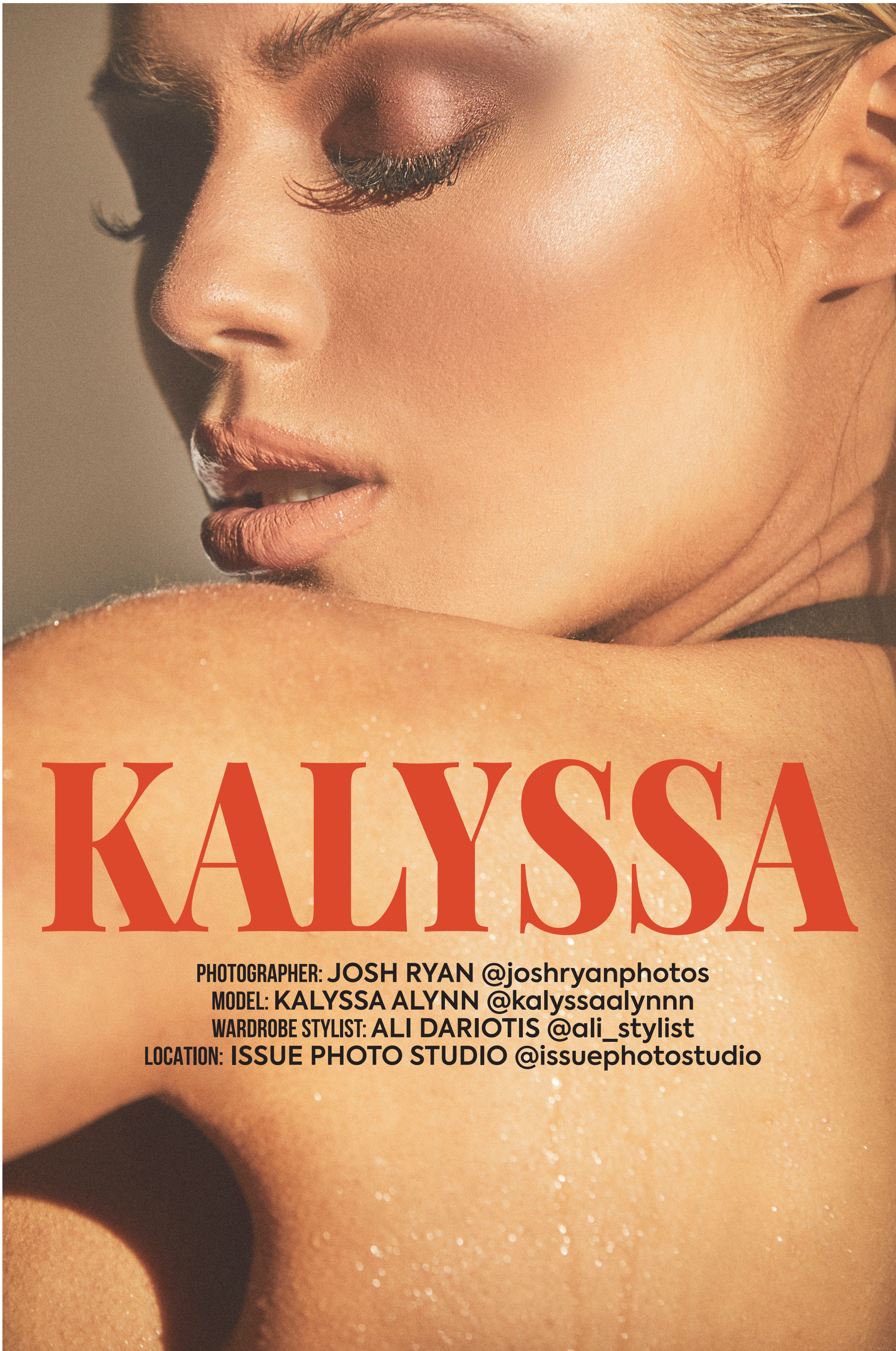
Bodysuit **VICTORIA'S SECRET**
Blazer **ARITZIA**
Earrings & **OTHER STORIES**





Top **AGENT PROVOCATEUR**
Garter **HONEY BIRDETTE**





KALYSSA

PHOTOGRAPHER: JOSH RYAN @joshryanphotos
MODEL: KALYSSA ALYNN @kalyssaalynnn
WARDROBE STYLIST: ALI DARIOTIS @ali_stylist
LOCATION: ISSUE PHOTO STUDIO @issuephotostudio

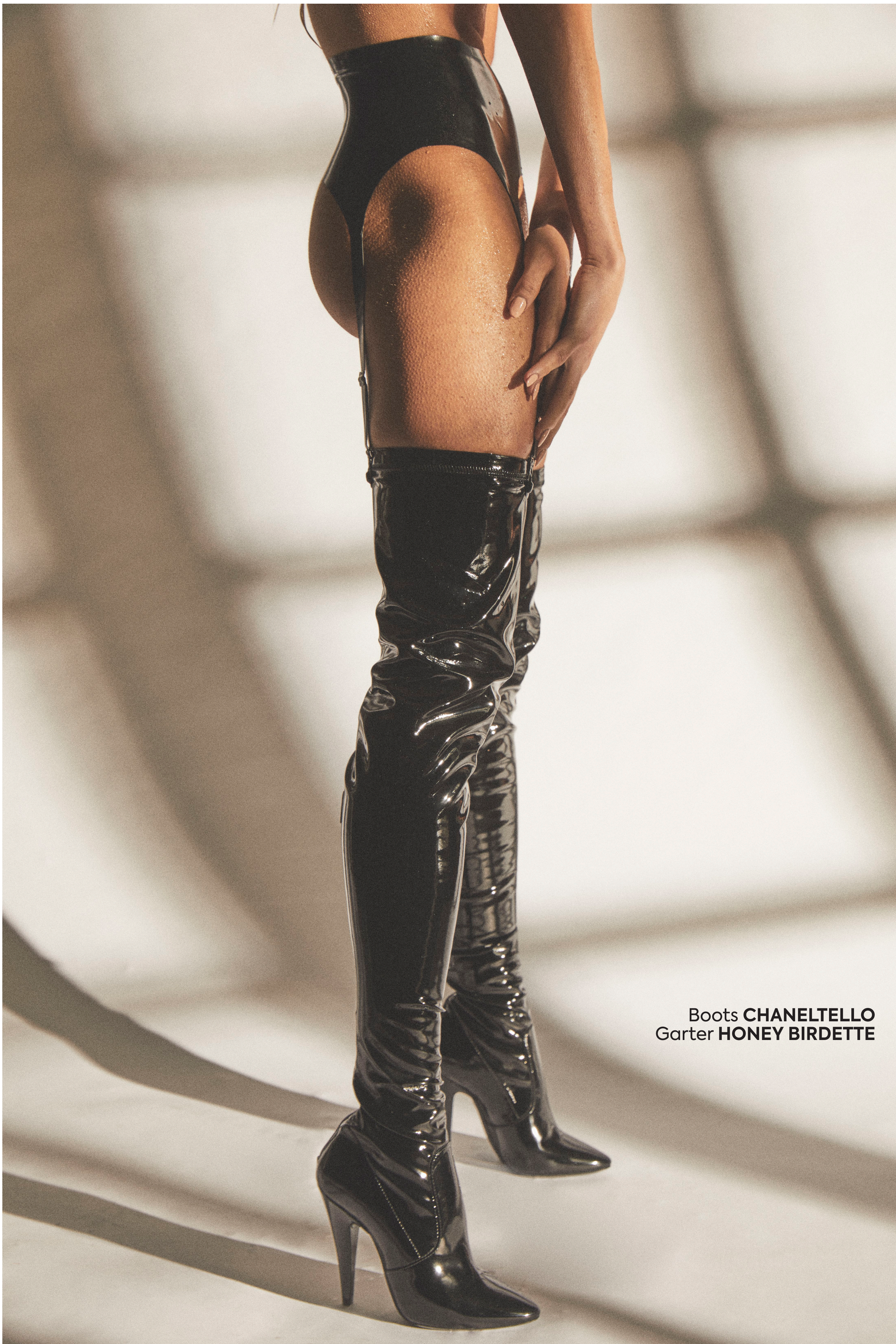




Top **AGENT PROVOCATEUR**
Garter **HONEY BIRDETTE**

Top **AGENT PROVOCATEUR**
Garter **HONEY BIRDETTE**





Boots **CHANELTELLO**
Garter **HONEY BIRDETTE**





Boots **CHANELTELLO**
Garter **HONEY BIRDETTE**





ANASTASIA

PHOTOGRAPHER & FASHION STYLIST: KARINA DOBRA @karinadobraphoto

MODEL: ANASTASIA MIHAILUK @amihailuk

MAKEUP ARTIST: VIVIANNE RAUDSEPP @viviannermakeup

RETOUCHER: MARINA @karaskevich.retoucher

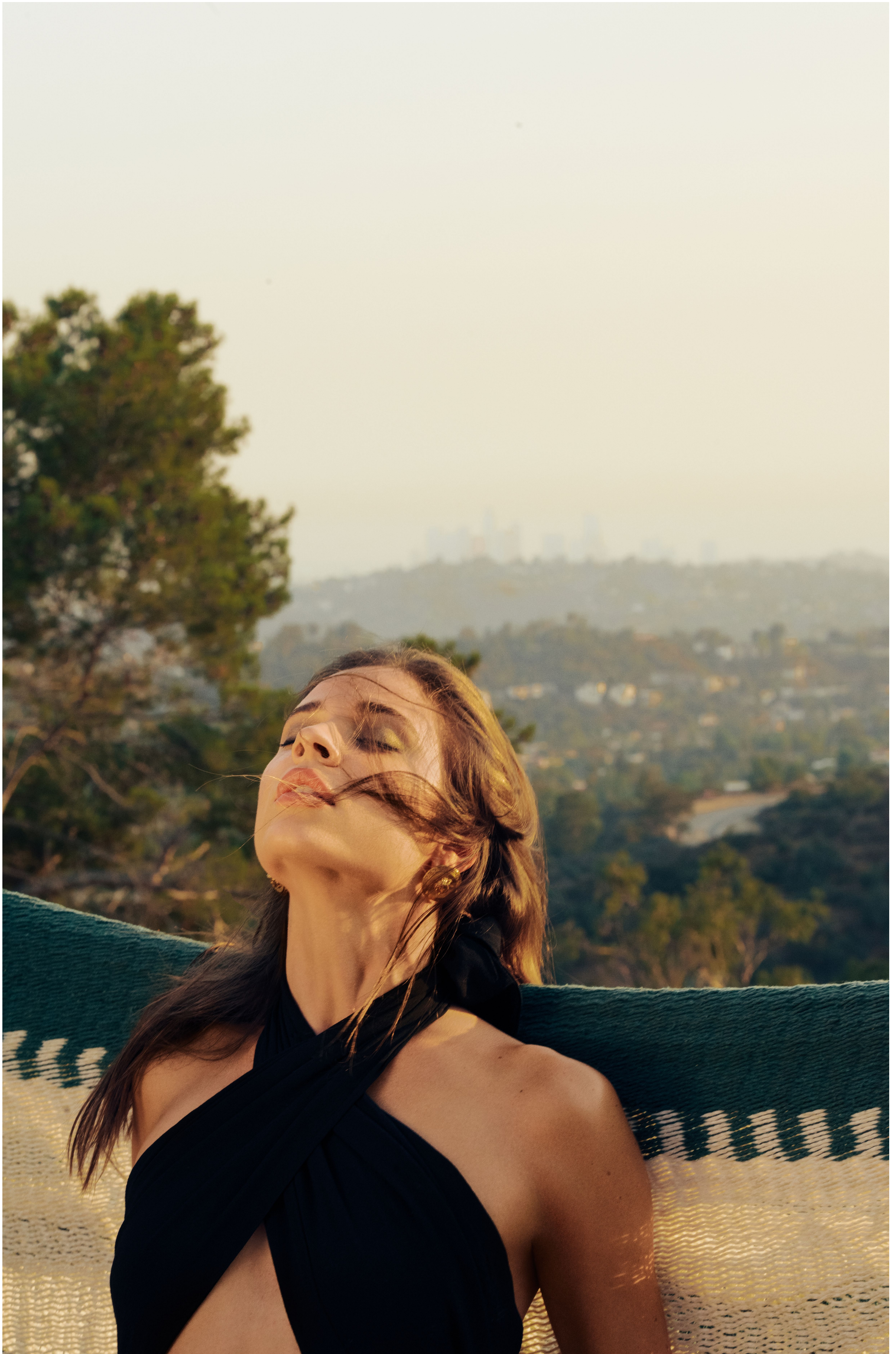












Subin Hahn





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ROZ

BY LORENZO MARTIN

